

Taboe Camp workshop schedule Winter 2018

Workshops with the word 'INTENTION' are inspired by the camp theme!

28 Dec Friday	Teacher	Hall	TITLE with short added description
09:30			
Yoga	Adeline	Side Hall 2	Waking up. Feeling the body. Strengthening, stretching and fun!
Alexander Techn.	Mariano	Side Hall 1	INTENTION - Alexander Technique fundamentals, connection with partner & the use of the arms.
10:45			
Leaders Techn.	Michael	Dance Hall	From the balance, in to the ground, for a better walk
Followers Techn.	Mira	Houtduif	INTENTION - The intention of your embrace as a follower
Tango Techn.	Candela	Side Hall 1	Embrace structure / refine your proprioception
Contact Impro	Leilani	Side Hall 2	Contact Improvisation basics: in this classes we will learn some of the basis of CI, like listening thru touch, giving and taking support, wait exchange and others. This experience will support the ContacTango classes.
12:00			
Gathering	Paras & Paul	Dance Hall	Camp Introduction, Meet our intentions
15:00			
ContacTango	Leilani	Houtduif	Listening with an elastic hug: we will explore the changing hug in a changing Tango
Hypnomeditation	Maral	Side Hall 2	INTENTION - 30min Introduction to Hypnomeditation: Clear up your intention - basic neuroscience & understanding how to use your super mind!
16:15			
Tango	Natalia & Agustin	Dance Hall	INTENTION - The importance of the intention behind a movement
Tango	Steve	Lipke	INTENTION - Dancing beyond moves: Linking musical intention to a dancer's intention using breath and stillness. No partner required.
Tango	Mira & Lucas	Houtduif	INTENTION - Intention is something that you must know how to receive and give. Amazing tools for communication.
Tango	Maral & Mariano	Dining Hall	INTENTION - Expressing the emotions we hear in the music.
Tango	Candela	Side Hall 1	INTENTION - What is In-Tension?
Vals	Adeline & Michael	Side Hall 2	Using the centrifugal power in giros!
17:30			
Tango	Natalia & Agustin	Dance Hall	INTENTION - the main intention of the old milongueros
Tango	Steve	Lipke	INTENTION - How to clearly demonstrate intention in the followers' role (open to men and women) No partner required
Tango	Lucas	Houtduif	INTENTION - Using the vertical axes. Cadence and flow in the movement.
Tango	Maral & Mariano	Dining Hall	INTENTION - Circular intentions: Improvisation from the body spiral
Yin Yoga	Adeline	Side Hall 2	Grounding. Centering. Recharging. Relaxation. Stretching. Connecting to self. Processing. Heart opening.
29 Dec Saturday			
Teacher	Hall	Title & short description	
09:30			
Yoga	Adeline	Side Hall 2	Waking up. Feeling the body. Strengthening, stretching and fun!
Alexander Techn.	Mariano	Side Hall 1	Alexander Technique fundamentals, connection with partner & the use of the arms. (II)

10:45			
Leaders Techn.	Lucas	Dance Hall	Mechanics and variations of the walk, and pivots. Structure for the leader in the giros with sacadas.
Followers Techn.	Mira	Houtduif	INTENTION - Keeping control by letting go.
Tango Techn.	Candela	Side Hall 1	INTENTION - A story from hip's perspective...
Contact Impro	Leilani	Side Hall 2	Contact Improvisation basics: in this classes we will learn some of the basis of CI, like listening thru touch, giving and taking support, wait exchange and others. This experience will support the ContacTango classes.
12:00			
Gathering	Paras & Paul	Dance Hall	Intention part 1.
15:00			
ContactTango	Leilani	Houtduif	Solo en duo...the Kitchen dance, here we will explore how to have my own dance still being conected with my partner
Hypnomeditation	Maral	Side Hall 2	INTENTION - 30min powerrelax: deepening inwards, strenghtening through relaxation, visualisation & inner journey.
16:15			
Tango	Natalia & Agustin	Dance Hall	INTENTION - interpreting music intentions (game).
Tango	Steve	Lipke	INTENTION - Dance the music • Understanding and dancing the difference between rhythmic and melodic intention (level=advanced).
Vals	Mira & Lucas	Houtduif	Vals. Double tempo/ centrifugal flow /contrapunt.
Milonga	Maral & Mariano	Dining Hall	Dancing Milonga Slowly.
Tango	Candela	Side Hall 1	INTENTION - the non intended surprise.
Tango	Adeline & Michael	Side Hall 2	Musicality! From the sound into the body and from the ground to the partner... for the dance to appear.
17:30			
Tango	Natalia & Agustin	Dance Hall	This is how we train. Do you want to join?
Tango	Steve	Lipke	INTENTION - Dance the music • Understanding and dancing to musical 'intention' in Francisco Canaro's music • Tango
Tango	Maral & Mariano	Dining Hall	Mirror Sacadas for Leaders and Followers.
Tango	Michael	Side Hall 1	"Rebote", It's a art to bounce, let's discover the elasticity in our body.
Yin Yoga	Adeline	Side Hall 2	Grounding. Centering. Recharging. Relaxation. Streching. Connecting to self. Processing. Heart opening.
30 Dec Sunday			
Teacher	Hall	Title & short description	
09:30			
Yoga	Adeline	Side Hall 2	Waking up. Feeling the body. Strengthening, streching and fun!
Alexander Techn.	Mariano	Side Hall 1	Grounding and opposition between feet and head for better "posture".
10:45			
Leaders Techn.	Michael	Dance Hall	Yes leader, dissociation and pivot can be your best friend too.'
Followers Techn.	Mira	Houtduif	INTENTION - The base of sensual adornments.
Tango Techn.	Candela	Side Hall 1	Spine alive! Rotation and ContraRotation as strategies for channeling energy as well as finding stability.
Contact Impro	Leilani	Side Hall 2	Contact Improvisation basics: in this classes we will learn some of the basis of CI, like listening thru touch, giving and taking support, wait exchange and others. This experience will support the ContacTango classes.

12:00			
Gathering	Paras & Paul	Dance Hall	Intention part 2.
15:00			
ConTango	Leilani	Houtduif	INTENTION - Ups and down: lift in ContacTango, in this class we will learn some basics for lifting and being lifted, small and easy ways.
Hypnomeditation	Maral	Side Hall 2	INTENTION - 30min powerrelax: deepening inwards, strenghtening through relaxation, visualisation & inner journey.
16:15			
Tango	Natalia & Agustin	Dance Hall	INTENTION - Silent Class
Milonga	Steve	Lipke	INTENTION - Dance the music • Understanding and dancing to musical 'intention' in Juan D'Arienzo's music.
Tango	Mira & Lucas	Houtduif	INTENTION - Flawless sacadas like the wind.
Tango	Maral & Mariano	Dining Hall	Close encounter of the third kind: "Nuevo" movements in Close embrace.
Tango	Candela	Side Hall 1	INTENTION - Democratic Bodies / dispone a listening to every part of your body and body's partner.
Tango	Adeline & Michael	Side Hall 2	INTENTION - My space. Your space. Where do we meet?
17:30			
Vals	Natalia & Agustin	Dance Hall	Are the valsas always circular? How to show the difference
Tango	Steve	Lipke	INTENTION - Dance the music • Understanding and dancing to musical 'intention' in Rodolfo Biagi's music • Tango
Tango	Lucas	Houtduif	INTENTION - Musicality of Pugliese: find ways to listen and use contrast in your intention and tell a story with your dance.
Tango	Maral & Mariano	Dining Hall	INTENTION - Painting Tango: Make the dance floor your canvas.
Yin Yoga	Adeline	Side Hall 2	Grounding. Centering. Recharging. Relaxation. Streching. Connecting to self. Processing. Heart opening.
31 Dec Monday			
Teacher	Hall	Title & short description	
09:30			
Yoga	Adeline	Side Hall 2	Waking up. Feeling the body. Strengthening, streching and fun!
Alexander Techn.	Mariano	Side Hall 1	"Using" your weight and your partners as source of balance.
10:45			
Leaders Techn.	Lucas	Dance Hall	Enrosques and crosses. Find stability in your movement to be a pillar for your partner.
Followers Techn.	Mira	Houtduif	Spirals and turns: finding your limit to go on in 2019 !!
Tango Techn.	Candela	Side Hall 1	Free legs! Free expression! and unlimeted possibilities...
Contact Impro	Leilani	Side Hall 2	Contact Impro Basis
12:00			
Gathering	Paras & Paul	Dance Hall	Intention part 3.
15:00			
ConacTango	Leilani	Houtduif	INTENTION - Ups and down: lift in ContacTango, in this class we will explore some more complicated lifts. You need the class before about easy lifts!
Hypnomeditation	Maral	Side Hall 2	INTENTION - 30min powerrelax: deepening inwards, strenghtening through relaxation, visualisation & inner journey.
16:15			

Milonga	Natalia & Agustin	Dance Hall	Milonga Candombe
Tango	Steve	Lipke	INTENTION - If you want me to REALLY stay with you, I have to know what you intend to do.
Tango	Mira & Lucas	Houtduif	INTENTION - Intention as character mood, quality you express in the movement. Music is the real leader.
Tango	Maral & Mariano	Dining Hall	INTENTION - Intending Continuous movement – Body working
Tango	Adeline & Michael	Side Hall 2	Exploring from the inside to the outside, from silence to movement - a good tango connection is like a discussion: we speak.. and we listen!
17:30			
Tango	Natalia & Agustin	Dance Hall	Orch. Miguel Calo's revolution. An eye opener.
Tango	Steve	Lipke	INTENTION - Tango is an intention of Where? When? and How? Our intention is inspired by the music. Anibal Troilo • Tango
Vals	Maral & Mariano	Dining Hall	Giros with energy into or away from your partner.
Tango	Michael	Side Hall 1	Front Ocho's.. so much to do, let's play !
Yin Yoga	Adeline	Side Hall 2	Grounding. Centering. Recharging. Relaxation. Stretching. Connecting to self. Processing. Heart opening.